Coach John Wooden's TED Talk was really impactful for me. The way he broke down concepts like success, leadership, and personal growth wasn't just insightful, but also enlightening. There are 5 big takeaways that stuck with me and made me rethink stuff.

1. Success Isn't About Winning
   The very concept of success is turned on its head by Wooden. He says it's not about trophies or recognition but rather about understanding that you poured everything you had into the endeavor. I took that pretty personally, and here's why. I've spent a lot of my limited time on this Earth, not to mention a lot of my mental energy, chasing the concept of putting all my energy into trying my hardest in whatever I do regardless of winning or losing. So, the fact that he acknowledges something I already do made me feel even better about myself knowing I am worrying about winning for the right reasons.

2. Preparation Over Everything
   Wooden treated preparation like it was a real game. He believed that the way one prepares really shows when it comes time for results, and I've always tried to live by this. The way I work behind the scenes—that's what really makes a difference when it counts. I know I might not be as athletic as some of my competition, but I'm willing to bet that none of them do the unseen work I do. Wooden was right: It's actually the work behind the scenes that separates good from the great.

3. Character Over Reputation

"Pay more attention to your character than to your reputation" he said. This one hit close to home. While it is easy to look at how people perceive you, in truth, your character is all that matters. I want to be known as someone who adheres to their values, rather than one who will do anything to 'wow' people. Because I only care about guiding and influencing people in the right directions, not my persona.

4. No Excuses, No Complaints
   Wooden did not spare himself to whining, and frankly, I respect that. People often excuse themselves just as he did. When it comes to the things you can't control in life. Just leave them up to God, and if you're in control of your life, then you shouldn't

be blaming anyone else for your mishaps. Excuses in life serve no purpose. Look. Learn. Don't do it the same way again. That's how you improve, succeed, and get better. Life is full of winning scenes that require careful strategies.

5. Always Be a Student
   What I admire about him is that he never ever stopped learning. Although he was already very accomplished, he continued to challenge himself to grow. That is a subject I want to continue to grow in. Not just in sports, but in real life. Maintaining curiosity, remaining famished, and persistently searching for self-betterment strategies. That way, progress is continual.